

(Monroe Institute Blog – February 2, 2015)

FROM THE DIRECTOR'S CHAIR: CONSCIOUSNESS

by Nancy H. McMoneagle
Executive Director and President



Hello, Everyone!

As children we dream of what life may be like decades into the future. How will I look? Who will I marry? What will I do?

I don't know about you, but my seven-year-old self never imagined *this* future—being mentored in out-of-body travels by my stepfather and then marrying a remote viewer; guiding a family business dedicated to providing tools and technologies to expand the uses and understanding of human consciousness; being in a privileged position to participate in the global shift we are experiencing at many levels.



Yet, here I am. Here are we all, exploring consciousness and finding that we are so much more than our physical bodies. But what precisely is “consciousness?” According to the dictionary, consciousness is, “the upper level of mental life of which the person is aware as contrasted with unconscious processes, also the quality or state of being aware.” Hmmm. There must be more to it than that!

Recently we asked our Facebook fans, "What is consciousness, beyond the dictionary definition?" More than sixty people chimed in. While there was a general theme to the replies, they were varied and subjective. Ultimately, of course, we can only know consciousness from our own experience. Bob Monroe offered what is perhaps the broadest definition: ***We are expressions of energy. Consciousness is focused energy. Energy focused is exponential. Consciousness is a form of energy at work.***

A form of energy at work! That pragmatic view of consciousness is precisely the basis on which The Monroe Institute was founded. For Bob, the "What is it?" question evolved into "How can I use it?" and ultimately, "How can I teach others to use it?" Therein lies the purpose of TMI. Bob incorporated a lifetime of investigation and experience into the designs of **Gateway Voyage®**, **Guidelines®**, and **Lifeline®**. All TMI programs that follow incorporate and expand upon those fundamental rudiments.

My seven-year-old self could not have conceived of the global educational network that I have seen develop; the "uplift-ment" of millions of people who have learned through Monroe programs and products, and, in turn, taught others to explore and utilize that "thing" called consciousness.

As we move into 2015, I sense more big change coming. With a deep inner assurance that TMI will continue to expand and fill a powerful role in the positive outcome of our future, I dedicate this issue of our newsletter to Consciousness.

To your best life,

A handwritten signature in black ink that reads "Nancy McMoneagle". The signature is fluid and cursive, with a long, sweeping underline that extends to the right.

Nancy H. McMoneagle
President and Executive Director